



Name: Iris Orbach

Date: July 2022

CURRICULUM VITAE

Personal Details

Permanent Home Address: 24 Hanoteha St. Apt. 2, Tel Mond, 40600

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Higher Education

A. Undergraduate and Graduate Studies

1988-1992, B.A. in Arts Degree

Specialization in cognitive psychology

Faculty of Humanities

Tel-Aviv University, Tel-Aviv, Israel

1993-1995, M.S. in Exercise and Sport Sciences

Specialization in sport and exercise psychology

College of Health and Human Performance

University of Florida, Gainesville, FL, USA

Thesis: Attribution Training: The effect cognition has on performance.

B. Doctoral Degree

1995-1998, Ph.D.

Specialization in sport and exercise psychology

College of Health and Human Performance

University of Florida, Gainesville, FL, USA

University of Florida, Gainesville, FL, USA

Dissertation: The relationship between self-confidence and competitive anxiety in influencing sport performance.

C. Other Education

- Biofeedback Therapist, The Israeli Association for Applied Psychophysiology and Biofeedback.
- Coaching Certificate: Personal and Organizational, The Israeli Center for Management.
- Reality Therapy Certificate, American Counseling Association.
- Team Building in Exercise and Sport Psychology, Association for the Advancement of Applied Sport Psychology.
- Sports Center Administrator, Wingate Institute for Physical Education & Sport.



- Health Club and Fitness, Wingate Institute for Physical Education & Sport.
- Pool Maintenance, Wingate Institute for Physical Education & Sport.

Academic Ranks and Tenure in Institutes of Higher Education

Dates	Institution and Department	Rank/Position
2000-2007	Sport, Fitness & Leisure Studies Department, Salem State University, USA	Assistant Professor (tenure track)
2008-2010	School of Social Sciences & Management, Ruppin Academic Center	Adjunct Faculty
2009-2021	The Net Holman School for Coaches and Instructors, Wingate Institute	Lecturer
2018-present	School of Behavioral Sciences, College of Management, Academic Studies, Israel	Senior Lecturer

Offices in Academic Administration

- Sport Psychology Consultant (2008-present), Department of Behavioral Sciences, Ribstein Center of Sport Medicine Sciences and Research, Wingate Institute
- Head of Health Promotion Program (2010-present), The Nat Holman School for Coaches and Instructors, Wingate Institute
- Education Review Committee (2011-present), Wingate Institute
- Head of MA program in "Master of Psychology in Sport and Exercise"(2018-present), School of Behavioral Sciences, College of Management, Academic Studies
- Educational Review Committee (2018-present), College of Management, Academic Studies
- Program Chairs Committee (2019-present), College of Management, Academic Studies
- Head of the Department of Behavioral Sciences (2020-present), Ribstein Center of Sport Medicine Sciences and Research, Wingate Institute

Scholarly Positions and Activities outside the Institution

Professional Organizations:

President (elected) of the Israeli Society of Sport and Performance Psychology, 2020-present

Professional Membership:

- Massachusetts Teachers Association Union, Salem Chapter, 2000-2007.
- American Alliance for Health, Physical Education, Recreation, & Dance, 2002-2010.
- American Association for Active Lifestyles and Fitness, 2002-2010.
- National Association for Sport & Physical Education, 2002-2010.



- American Psychological Association (APA), Division of Exercise and Sport Psychology, 1994-2010.
- Association for the Advancement of Applied Sport Psychology (AASP), 1994-present.
- International Society for Sport Psychology (ISSP), 1996-present.

Manuscript Review Experience:

- Collegium Antropologicum Journal (Zagreb-CROATIA) (2001).
- Journal of Sports Behavior (2002-present).
- International Journal of Sport and Exercise Psychology (2020-present).

Participation in Scholarly Conferences

a. **Active Participation**

Date	Name of Conference	Place	Subject of Lecture/Discussion	Role
Oct. 2021	International Society of Sport Psychology	Taipei, Taiwan (zoom)	Biofeedback Training as Part of the Five-Stage PST Model	Presenter in a symposium
Oct. 2021	International Society of Sport Psychology	Taipei, Taiwan (zoom)	Biofeedback Training as an Integral Part of Psychological Preparation within the Training Process	Chair of symposium
Sept. 2021	International Society of Sport Psychology	Taipei, Taiwan (zoom)	Motivational Factors in Competitive Sport among Female Youth Athletes	Presenter
Dec. 2019	Annual Conference of the Society of Sports Medicine in Israel	Israel	Periodization as a guiding principle in mental preparation for excellence	Presenter
Dec. 2019	National Congress of Sports Performance & Science of Coaching	Israel	Periodization outside the box: The mental perspective	Presenter
March 2019	International Conference on Women's Sport Participation and Gender Equality	Madrid, Spain	Female adolescents' perspectives on the barriers and facilitators of sport participation	Presenter
קבלת דרגת מרצה בכיר ב-2018				
June 2016	International Conference on Sports Medicine	Israel	Mental preparation in competitive sport: The LMA approach	Presenter
June 2016	ATHENA conference	Israel	Sport motivation among youth female athletes	Presenter
June 2016	4 th Wingate International Congress of Exercise and Sport Sciences	Israel	The effect of biofeedback training on the anxiety of physical education teachers	Presenter
June 2015	20 th International Symposium on Adapted	Israel	Psychological preparation for Israeli Paralympic athletes	Presenter



	Physical Activity			
June 2014	3 rd Wingate International Scientific Congress	Israel	A psychological program for football referees: A pilot study	Presenter
July 2013	ISSP 13 th World Congress of Sport Psychology	Beijing, China	Biofeedback training in athletic preparation: LMA approach	Author
July 2013	ISSP 13 th World Congress of Sport Psychology	Beijing, China	Biofeedback in sport	Author
June 2012	Wingate Congress	Israel	Psychological skills training in sport: A three-phase approach	Presenter
July 2010	International Symposium on Sports Medicine	Israel	The psychological well-being in training elite athletes and elite warriors	Presenter
July 2010	Wingate Congress	Israel	The motives for participation in sport among young girls	Presenter
July 2010	Wingate Congress	Israel	The Israeli coach's self-evaluation: A comparative analysis	Presenter
July 2010	Wingate Congress	Israel	The effect of Normobaric hypoxia training on mood	Presenter
May 2010	Semi Annual Conference of the Society of Sport Medicine	Israel	Gender differences dealing with stressful situations	Presenter
May 2010	Semi Annual Conference of the Society of Sport Medicine	Israel	Psychology and Ethics in Sport Medicine	Chair of symposium
June 2009	The 12 th ISSP World Congress of Sport Psychology	Morocco	A comparative analysis of different coach profiles	Author
May 2009	International Symposium on Sports Medicine	Israel	Enhance mental toughness in athletes	Presenter
May 2008	International Symposium on Sports Medicine	Israel	The psychological role in training elite athletes and elite warriors	Presenter
May 2008	International Symposium on Sports Medicine	Israel	How to increase motivation among girls who participate in sport	Presenter
July 2004	New England Aqua Net Conference	Boston, MA	Attribution training as a tool to increase motivation	Presenter
June 2002	Salem State College Conference	Salem, MA	How can an effective goal setting system help reduce stress	Presenter
July 2000	15 th Annual Conference of the Association for the Advancement of Applied Sport Psychology	Nashville, TN	Anxiety research: Which measurement tools to use?	Presenter



July 2000	15 th Annual Conference of the Association for the Advancement of Applied Sport Psychology	Nashville, TN	Diversity in the sport psychology degree	Presenter in a symposium
May 2000	Partnerships for health in the New Millennium Conference	Washington, DC	Beat osteoporosis: Nourish and exercise skeletons	Author
June 1999	106 th Annual Conference of the American Psychological Association	Boston, MA	Self-confidence and anxiety based on the cusp catastrophe model	Presenter
July 1997	IX World Congress at the International Society of Sport Psychology	Israel	The implications of an attribution training program in sport: Phase II	Presenter
July 1997	IX World Congress at the International Society of Sport Psychology	Israel	The relationship between self-confidence and competitive anxiety as influencing sport performance	Presenter
July 1996	The 11 th Annual Conference of the Association for the Advancement of Applied Sport Psychology	Williamsburg, VA	The implications of an attribution training program for achievement in sport: Phase I	Presenter
July 1995	The 103 rd Annual Conference of the American Psychological Association	New York, NY	Self-perception in sport and exercise	Presenter in a symposium
July 1995	The 38 th World Congress of the International Council for Health, Physical Education, Recreation, & Dance	Gainesville, FL, USA	Changing attributions with an attribution training technique related to basketball dribbling	Presenter

b. Organization of Conferences or Sessions

Date	Name of Conference	Place	Subject/Role of Conference, Comments	Role
June 2016	Wingate Congress of Exercise and Sport Sciences	Israel	Scientific Committee	Member
קבלת דרגת מרצה בכיר ב-2018				
March 2019	International Conference on Women's Sport Participation and Gender Equality	Madrid, Spain	International symposium	Chair



December 2019	National Congress of Sports Performance & Sciences of Coaching	Israel	Mental preparation in sport, workshop	Presenter
January 2020	Advancing sport psychology in Israel	Israel	Seminar	Organizer
Oct. 2021	International Society of Sport Psychology	Taipei, Taiwan (zoom)	Biofeedback Training as an Integral Part of Psychological Preparation within the Training Process	Chair of symposium

Research Grants

a. Grants Awarded

Role in Research	Co-Researchers	Topic	Funded by/Amount	Year
Principal investigator	Prof. Boris Blumenstein	Motivation in competitive sport among female youth athletes (publications 2 +)	Funded by ATHENA, 50,000 shekels	2015-2019
קבלת דרגת מרצה בכיר ב-2018				
Co-Researcher	Dr. Basevitz, Dr. Blatt	Decision making in team sport	College of Management, 5000 shekels	2021-2022
Principal Investigator		The effect of biofeedback training on self-regulation and performance enhancement among young female swimmers	Submitted to the Israel Ministry of Science & Technology for two years funding, 134,550 shekels	2022
Co-Researcher	Dr. Rotem Kisleve, Dr. Dana Adler	Identifying periods of high training load considering the menstrual cycle phases in elite and non-elite female athletes using measures of strength, fatigue, injury, psychological parameters, serum circulating metabolites and the intestinal microbiome	Submitted to the Israel Ministry of Science & Technology for two years funding, approximately 150,000 shekels	2022



Scholarships, Awards and Prizes

- Researcher of the year, 2020-2021, the College of Management, Academic Studies
- Certificate of Best Presentation Award, ICWSPEG 2019: International Conference on Women's Sport Participation and Gender Equality, March 2019, Madrid, Spain.
- Award for Research Contribution to ICWSPEGE 2019: International Conference on Women's Sport Participation and Gender Equality, March 2019, Madrid, Spain.

קבלת דרגת מרצה בכיר ב-2018

- Award for Scholarly Achievement from the Academic Affairs, Salem State College, Spring 2003, 2004, 2005.
- Assistantship award from the Graduate School, Salem State College, Fall 2003.
- Graduate Student Teaching Award, Exercise and Sport Sciences Department, University of Florida, 1998.

Teaching

a. Courses Taught in Recent Years

Year	Course Name	Type: Lecture/Seminar/Workshop/ High Learn Course/Introduction	Degree	No. of Students
2018-2023	Psychological parameters in exercise psychology	Lecture	MA	30-43
2018-2023	Interventions in sport and exercise psychology	Applied course	MA	15-22
2018-2023	Practicum	Applied course and supervision	MA	15-20
2018-2020	Physical activity and emotional/cognitive function	Lecture	MA	30-43
קבלת דרגת מרצה בכיר ב-2018				
2008-2010	Introduction to sport psychology	Lecture	BA	35-50
2000-2007	Teaching 12 credit hours per semester in Salem State University	Lecture and applied courses	BA	30-50

b. Supervision of Graduate Students

Name of Student	Title of Thesis	Degree	Completion Date / in Progress	Students' Achievements
Kortik Naama	The effect of mental training on improvement in hand-stand among school female	MA (joined supervision with Prof. Blumenstein)	August 2015	Completed

	gymnastic team			
Israel Rina	The effect of physical activity on the anxiety level among young children	MA (joined supervision with Prof. Blumenstein)	June 2016	Completed
Elbaz Tamar	The effect of mental training on improvement of penalty kick	MA (joined supervision with Prof. Blumenstein)	September 2016	Completed
Shamir Galit	The effect of individual lessons in physical education on the self-concept and physical fitness among children	MA (joined supervision with Prof. Burstein-Piltz)	September 2016	Completed
קבלת דרגת מרצה בכיר ב-2018				
Berkovitz Rinat	Proposal for an intervention program for improvement in self-concept and body image within physical education lessons among female students	MA (joined supervision with Prof. Blumenstein)	May 2018	Completed
Saadia Odelia	Biofeedback in sport: Scientific analysis	MA (joined supervision with Prof. Blumenstein)	September 2019	Completed
Ohana Netta	The effect of mental training on the percentage of successful free-throw shooting	MA (joined supervision with Prof. Blumenstein)	October 2019	Completed
Eldadi Omer	Interpersonal emotions in team sports: Effects of emotional contagion on emotions, collective efficacy, team cohesion, perceived effort, perceived performance and	MA (joined supervision with Prof. Tenenbaum)	January, 2020	Completed



	team achievement			
Azriel Michael	The effect of mental training on the accuracy of free-throw shooting in basketball	MA (joined supervision with Prof. Blumenstein)	September 2020	Completed
Mordel Idan	Shared-mental-models in esports teams	MA (joined supervision with Prof. Tenenbaum)	October 2020	Completed
Saar Gal	The effect of mindfulness meditation on running performance, running discomfort, perceived exertion and attention allocation in recreational runners	MA (joined supervision with Prof. Tenenbaum)	March 2021	Completed
Orit Bar Artvinsky	Physical balance training effects of self-efficacy and cognition in the elderly	MA (joined supervision with Prof. Tenenbaum)	May 2022	Completed

Professional Experience

- Head of Sport Psychology On-Line Forum, Wingate Institute, 2010-present
- Collaboration with Harvard University, Bentley College, and the Athletic Department in Salem State University in collecting data/consulting services, 2003-2007

PUBLICATIONS

Ph.D. Dissertation



Title: "The Relationship between Self-Confidence and Competitive Anxiety in Influencing Sport Performance:

Year: 1998

Number of pages: 156

Language: English

University: University of Florida

Name of advisor: Prof. Robert Singer

Publication: E16, F13, F16

Scientific Books (Refereed)

1. Blumenstein, B., & Orbach, I. (2012a). **Mental Practice in Sport: Twenty Case Studies**. Hauppauge, NY: Nova Science Publishers (174pp.) ISBN: 978-1-62100-324-3.
2. Blumenstein, B., & Orbach, I. (2012b). **Psychological Skills in Sport: Training and Application**, NY: Nova Science Publishers. ISBN: 978-1-62081-640-0.

Authored Books

Published

קבלת דרגת מרצה בכיר ב-2018

1. Bompa, T., Blumenstein, B., Orbach, I., Howell, S., & Hoffman, J (2019). (B. Blumenstein, I. Orbach, Eds.). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.

Articles in Refereed Journals

Published

1. Orbach, I., & Blumenstein, B. (2022). Preparatory routine for emotional regulation in performance enhancement. **Frontiers in Psychology**, 13: 948512. Doi: 10.3389/fpsyg.2022.948512.
 2. Orbach, I., Gutin, H., Hoffman, N., & Blumenstein, I. (2022). Motivational obstacles and dropout among female youth athletes. **Psychology**, 13, 843-852. Doi: 10.4236/psych.2022.136057.
 3. Orbach, I., & Blumenstein, B. (2022). Sport psychology services for female youth athletes using the Five-Stage PST model during COVID 19. **Applied Research in Coaching and Athletics Annual**, 37, 1-28.
 4. Orbach, I., Gutin, H., Hoffman, N., & Blumenstein, B. (2021). Motivation in competitive sport among female youth athletes. **Psychology** (special issue: Applied Sport & Exercise Psychology), 12, 943-958.
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5. Orbach, I., & Blumenstein, B. (2021). The application of the periodization principle in mental preparation. **Elite Sport**.
6. Blumenstein, B., & Orbach, I. (2019). Biofeedback/Neurofeedback: Multimodal Biofeedback Technologies. In D. Hackfort, R. Schinke & B. Strauss (Eds.). **International Dictionary of Sport Psychology**. Elsevier. ISBN: 9780128131503
7. Blumenstein, B., & Orbach, I. (2018). Periodization of psychological preparation within the training process. **International Journal of Sport & Exercise Psychology**, 16(2), DOI:10.1080/1612197X.2018.1478872. (RG I.F. 1.52, I.F. 2014 1.78)
8. Blumenstein, B., Orbach, I., Ifergan N., Israel, R., & Moran, D. (2018). Physical activity through games as a way to cope with anxiety among elementary pupils. **Mehkarey Hagivaa**, 301-313 (Hebrew).
9. Blumenstein, B., Orbach, I., Gelinski, Y., Shemer, Y., Moran, D., & Weinstein, Y. (2018). The effect of mental relaxation and imagery on free throw shooting accuracy among young basketball players. **Applied research in coaching and athletics annual**, 33, 1-12. ISSN: 1546-2323

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10. Blumenstein, B., Orbach, I., Aaron, R., Weinstein, Y., & Moran, D. (2017). The effect of biofeedback training on anxiety in physical education teachers. **MOJ Yoga & Physical Therapy**, 2(3), 00022. DOI:10.15406/mojypt.2017.02.00022
 11. Bujak, Z., Gierczuk, D., Orbach, I., & Blumenstein, B. (2016). Professional activities of the European taekwondo coach: Comparative analysis. **Sport Science Review**, vol.XXIV, no.5-6,305-320. DOI: 10.1515/ssr-2015-0021.
 12. Blumenstein, B., Orbach, I., Moran, D., Ziv, D., & Weinstein, Y. (2016). The effect of preperformance routines on self- and externally-paced tasks in adolescent physical education students. **Applied research in coaching and athletics annual**, 31, 1-21.
 13. Blumenstein, B., & Orbach, I. (2016). Professional coach: The link between science and media. **Sport Science Review**, vol.XXV, no.1-2,73-84. DOI: 10.1515/ssr-2016-0004.
 14. Blumenstein, B., & Orbach, I. (2016). Mental preparation to Olympic Games: International perspective. **Elite Sport**, Wingate Institute, 7, 60-64. (Hebrew)
 15. Blumenstein, B., & Orbach, I. (2015). Psychological preparation program for Paralympic athletes: Case studies of counseling table-tennis and sailing athletes. **Adapted Physical Activity Quarterly**, 32, 241-255. (I.F. 1.610, SJR 2017=0.89)
 16. Blumenstein, B., & Orbach, I. (2014). Psychological preparation of football referees. **Sport Science Review**, vol.XXIII, no.3-4,113-126.
 17. Blumenstein, B., & Orbach, I. (2013). Mental training is part of athletic preparation: LMA approach. **Elite Sport**, Wingate Institute, 46-52. (Hebrew)
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18. Blumenstein, B., Orbach, I., Bar-Eli, M., Dreshman, R., & Weinstein, Y. (2012). High-level coaches' perceptions of their professional knowledge, skills and characteristics. **Sport Science Review**, XXI(5-6), 5-27.
19. Orbach, I., & Blumenstein, B. (2012). Motivation of youth girl's athletes in competition sport: Athena Top Team. **Elite Sport**, Wingate Institute, 30-36. (Hebrew)
20. Blumenstein, B., & Orbach, I. (2010). The profile of the professional coach. **Applied research in coaching and athletics annual**, 25, 213-230.
21. Carmeli, E., Orbach, I., Zinger-Vaknin, T., Morad, M., & Merrick, J. (2007). Physical training and well-being in older adults with mild intellectual Disability: A residential care study (OnlineEarly Articles). **Journal of Applied Research in Intellectual Disabilities**. Retrieved from <http://www.blackwell-synergy.com/doi/abs/10.1111/j.1468-3148.2007.00416.x>.
22. Orbach, I., Price, S., & Singer, R.N. (1999). An attribution training program and achievement in sport. **The Sport Psychologist**, 13, 69-82. (I.F. 2015 1.40)
23. Mehta, J.L., & Orbach, I. (1999). Role of "new" risk factors in coronary artery disease. **Indian Heart Journal**, 51, 261-267.
24. Orbach, I., Singer, R.N., & Murphey, M. (1997). Changing attributions with an attribution training technique related to basketball dribbling. **The Sport Psychologist**, 11, 294-304. (I.F. 2015 1.40)

E. Articles or Chapters in Scientific Books

(which are not Conference Proceedings)

Published

1. Orbach, I., & Blumenstein, B. (2022). Combining periodization with sport psychology to optimize performance of closed self-paced motor tasks. In R. Lidor & G. Ziv (Eds.) (pp.). **Psychology of closed self-paced motor tasks**. New York, NY: Routledge.
 2. Blumenstein, B., & Orbach, I. (2022). Practice, transfer to competition, peaking, and performing. In D. Collins & A. Cruickshank (Eds.) (pp. 289-306.). **Sport Psychology Essentials**. Champaign, IL: Human Kinetics.
 3. Bompa, T., Howell, S., Blumenstein, B., & Orbach, I. (2019). Chapter 1: Introduction to theory and methodology of sport training. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 12-22). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
 4. Blumenstein, B., & Orbach, I. (2019). Chapter 3: Psychological preparation integration part of athletic training. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 62-75). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
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5. Hoffman, J., Howell, S., Bompa, T., Blumenstein, B., & Orbach, I. (2019). Chapter 4: Integration of psychology and nutrition in annual plans. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 76-88). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
6. Bompa, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (2019). Chapter 5: Application of nutrition and sport psychology within the training phases.. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 89-109). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
7. Bompa, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (2019). Chapter 6: Long-term integrated periodization. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 110-129). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
8. Bompa, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (2019). Chapter 7: Fatigue and over training Kinetics. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 130-153). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
9. Bompa, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (2019). Chapter 8: Peaking for competition. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 154-173). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
10. Bompa, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (2019). Chapter 9: Recovery from competition. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 174-197). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
11. Blumenstein, B., & Orbach, I. (2018) Periodization of biofeedback training: New trends in athletic preparation. In Francesco Chiappelli (Ed.) (pp. 49-62). **Advances in psychobiology**. NY: Nova Science Publisher.

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12. Blumenstein, B., & Orbach, I. (2014). Sailing in Israel. In P. Terry, Z. Li-Wei, K. Young-Ho, T. Morris, & S. Hanrahan (Eds.) **Secrets of Asian Sport Psychology** (pp. 246-262). Open Educational Resources. University of Southern Queensland, Australia.
 13. Blumenstein, B., Tsung-Min, E., & Orbach, I. (2014). Self-regulation and biofeedback. In A. Papaioannou & D. Hackford (Eds.). **Routledge Companion to Sport and Exercise Psychology: Global Perspectives and Fundamental Concepts** (pp. 402-416). Routledge. Washington, DC: Taylor & Francis Publisher.
 14. Blumenstein, B., & Orbach, I. (2014). Biofeedback/Neurofeedback. In R. Eklund & G. Tenenbaum (Eds). **Encyclopedia of Sport and Exercise Psychology** (pp. 70-73). SAGE Publication.
 15. Blumenstein, B., & Orbach, I. (2014). **Biofeedback for sport and performance enhancement**. Oxford Handbooks Online. New York. Oxford University Press. DOI:10.1093/oxfordhb/9780199935291.013.001. Invited chapter.
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16. Blumenstein, B., & Orbach, I. (2012). The road to Olympic medal. In A. Edmonds & G. Tenenbaum (Eds.), **Case Studies in Applied Psychophysiology: Neurofeedback and Biofeedback Treatments for Advances in Human Performance** (pp.120-133). West Sussex, UK: Wiley –Blackwell.
17. Blumenstein, B., & Orbach, I. (2012). Biofeedback training in sea. In A. Edmonds & G. Tenenbaum (Eds.), **Case Studies in Applied Psychophysiology: Neurofeedback and Biofeedback Treatments for Advances in Human Performance** (pp.134-143). West Sussex, UK: Wiley –Blackwell.
18. Orbach, I., Lidor, R., & Bar-Eli, M. (2003). Cognitive aspects in mental preparation: Attention, anxiety, and self-confidence. In R. Lidor (Ed.), **Motor Behavior: Psychological and sociological aspects**. Jerusalem: Magnes.
19. Singer, R.N., & Orbach, I. (1999). Persistence, excellence, and fulfillment. In R. Lidor & M. Bar-Eli (Eds.), **Sport psychology: Linking theory and practice**. Morgantown, WV: Fitness Information Technology.

Accepted for Publication

1. Orbach, I., & Sade, S., & Blumenstein, B. (in press). **Psychological skills in sport: Research and application**. Invited chapter (Hebrew, 20 pages).
2. Blumenstein, B., & Orbach, I. (in press). **Psychophysiology in sport: Psychological preparation based on the LMA approach**. Invited chapter (Hebrew, 19 pages).

Articles in Conference Proceedings

Published

1. Orbach, I., Basevitch, I., Peretz, Y. & Blumenstein B. Biofeedback training as an integral part of psychological preparation within the training process. **Congress proceeding of the International Society of Sport Psychology**, Sept. 2021, Taipei, Taiwan.
2. Orbach, I., Guttin, H., Hoffman, N., & Blumenstein, B. Motivational factors in competitive sport song female youth athletes. **Congress proceeding of the International Society of Sport Psychology**, Sept. 2021, Taipei, Taiwan.
3. Orbach, I. Blumenstein, B., Yanilov-Eden, O., & Ronen, E. Female Adolescents' Perspectives on the Barriers and Facilitators of Sport Participation. **Congress proceeding of the International Conference on Women's Sport Participation and Gender Equality**, March, 2019, Madrid, Spain.



4. Orbach, I. Mental preparation in competitive sport: The LMA approach. **Congress proceeding of the International Conference on Sports Medicine**, p. , Wingate Institute, 2016, Netanya, Israel.
 5. Blumenstein, B., Orbach, I., Aaron, R., Weinstein, Y., Elisha, P., & Moran, D. The effect of biofeedback training on the anxiety of physical education teachers. **Congress proceeding of the 4th Wingate Congress of Exercise and Sport Sciences**, p.42, Wingate Institute. 2-5, June, 2016.
 6. Blumenstein, B., & Orbach, I. Psychological Preparation for Israeli Paralympic Athletes. **Book of abstracts from 2015 ISAPA Congress**, Wingate Institute, 11-15 June, 2015.
 7. Blumenstein, B., & Orbach, I. A Psychological Preparation Program for Football Referees: A Pilot Study. **Book of abstracts from 3d Wingate Congress of Exercise and Sport Sciences**, p.102, Wingate Institute. 12-15, June, 2014.
 8. Blumenstein, B., Orbach, I., Tsung-Min Hun, P., Werthner, P., & Christie, S. Biofeedback in sport. **Abstracts of the ISSP 13th World Congress of Sport Psychology**, pp. 42-43, July 21-26, 2013. Beijing Sport University.
 9. Blumenstein, B., & Orbach, I. Biofeedback Training in Athletic Preparation: LMA Approach. **Abstracts of the ISSP 13th World Congress of Sport Psychology**, pp. 42-43, July 21-26, 2013. Beijing Sport University.
 10. Blumenstein, B. & Orbach, I. Psychological Skills Training in Sport: A Three-Phase Approach. **Proceeding of the 2012 Wingate Congress**, 15-18, March, 2012, Wingate Institute.
 11. Blumenstein, B., Pilz-Burstein, R., Orbach, I., Zach, S., Zeev, A., & Gircyte, I. The Israeli Coach's Self-Evaluation: A Comparative Analysis. **Proceeding of the 2010 Wingate Congress of Exercise and Sport Sciences**, p.127, 3-6 June, 2010, Wingate Institute
 12. Orbach, I., Blumenstein, B., & Shinuk, A. The motives for participation in sport among young girls. **Proceeding of the 2010 Wingate Congress of Exercise and Sport Sciences**, p.108, 3-6 June, 2010, Wingate Institute.
 13. Blumenstein, B., Orbach, I., Shargal, E., Zigel, L., & Shinuk, A. The effect of Normobaric Hypoxia Training on Mood. **Proceeding of the 2010 Wingate Congress of Exercise and Sport Sciences**, p.127, 3-6 June, 2010, Wingate Institute.
 14. Blumenstein, B., Zach, S., Burstein, R., Orbach, I., & Gircyte, I. A Comparative Analysis of Different Coach Profiles. **CD-Rom, the 12th ISSP World Congress of Sport Psychology**, Marrakesh, June, 17-21, 2009, Morocco.
 15. Orbach, I. Anxiety Research: Which Measurement Tools to Use? **Proceedings of the 2000 conference of the Association for the Advancement of Applied Sport Psychology**, p. 87, 2000, Nashville, TN.
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2. Orbach, I., Shulman, S. (under preparation). Performance, personality and personal experience in an holistic viewpoint in competitive sport.

Summary of My Research Activities and Future Plans
